

The Meavy Group Schedule
(We Hope!!!)

W/C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04 Jan	EASY RUN 4-6 Miles	Track Chase the cone 10 X 300 / 400m	Steady run 5-8 miles	Meadows 3 X2 Miles 3 min Rec	REST OR EASY RUN 4- 6 Miles	Easy run off road	Devon X Country Champs Exeter
11 Jan	EASY RUN 4-6 Miles	Track 4 X (1000m + 400m) 60 sec Rec 4 Mins sets	Steady RUN 5-8 miles	Road Kenyan hills 3 x 10 mins	REST OR EASY RUN 4-6 Miles	Track 16 X 200M 45 Sec Rec	LONG RUN
18 Jan	EASY RUN 4-6 Miles	Track Compound 4 X 800m / 400m 4 min rec	Steady RUN 5-8 miles	Meadows 8 X 1000 M 2 min Rec	REST OR EASY RUN 4-6 Miles	TRACK 12 ½ laps Jog bends/ fast straights	LONG RUN
25 Jan	EASY RUN 4-6 Miles	Track 2 X 1200 m 2 X 800m 4 X 400m 2 mins rec	Steady RUN 5-8 miles	Road Kenyan hills 4 x 9 mins	REST OR EASY RUN 4-6 Miles	6 X 150m 3 X 300m 1X 600m	LONG RUN
01 Feb	EASY RUN 4-6 Miles	Track 10 X 600M 1 min Rec	Steady RUN 5-8 miles	Road Meadows 6 X 1000 M 10 X 400m 2 min Rec	REST OR EASY RUN 4-6 Miles	Track 4 X (4X200m) 30 sec rec 3 min rec	LONG RUN